



3d Battalion, 5th Marines

Pre-deployment Family Brief



Agenda

- Afghanistan
- Mission
- OPSEC
- Departure information
- Postal
- Pay
- Legal
- Navy/Marine Corps Relief
- Red Cross messages
- MCCS
- Spiritual Support
- FRO Contact information
- Commanders Comments



Afghanistan History

Afghanistan





History



- Afghanistan has been fought over for the last 1500 years
- Since the late 1970s, Afghanistan has experienced a continuous state of civil war
 - 1979-1989: Warlords throughout country fought off soviet invasion
 - 1989-1996: Warlords and criminals took control of Afghanistan
 - 1996: Taliban rose to power and ruled Afghanistan
 - 2001: US led Operation Enduring Freedom targeting Al Qaeda and Taliban sanctuaries
 - 2001-Present: US providing security and training within Afghanistan in order to set conditions for the Government of Afghanistan take control



Mission Statement (UNCLASS)



Upon deployment in support of Operation ENDURING FREEDOM and in partnership with the Afghan Government, 3rd Battalion 5th Marines provides security, defeats insurgents, and expands Afghan Security Force capabilities in order to support the expansion of the stability and legitimacy of the Government of Afghanistan.





OPSEC for Families

- **WHAT IS OPSEC?** OPSEC is keeping potential adversaries from discovering critical information. Enemies want information, and they are not just after the military member to get it. They want you, the family member.
- **UNOFFICIAL WEB SITES** The posting of pictures and information that is pertinent to 3d Battalion, 5th Marines on personal or social websites has the potential to jeopardize our safety.



Departure Information



Departure Windows

- What is a Departure Window?
 - A three day window when your Marine will be deploying. Once an Airplane is assigned from the Air Force that window will become a specific date and time.
- ADVON (Advanced Party)
 - One week prior to departure, a timeline will be published. (Aug 23 - Aug 27)
- Mainbody
 - Departure window 21 September thru 28 September
 - September 6 - 10, detailed timeline will be published.
- **Your Marine will depart the 62 Area nine (9) hours prior to his flight time. You will say your “good byes” on the parade deck.**



Pay issues



UNCLASSIFIED

Family Separation Allowance (FSA)



- Is a monthly entitlement and may be prorated.
- Rate is \$250.00 per month. (Roughly \$8.33 a day).
- Entitlement begins on the day of departure from Camp Pendleton
- Starts on the 31st day, retroactive to the date of departure.
- Stops the day prior to return to Camp Pendleton.
- Not entitled when legally separated from spouse
- If Married to Active Duty Military Spouse and both are deployed; only one member rates FSA

UNCLASSIFIED



Hostile Fire Pay

- Is a monthly entitlement and will not be prorated
- Rate is \$225.00 per month
- Starts on the first day of the month member arrives in country
- Stops the last day of the Month the Member departs



Hardship Duty Pay Location

- Is a Monthly Entitlement and may be Prorated.
- Amount for Afghanistan is \$100.00 per month.
- Hardship Duty Location Pay for designation areas is payable to both officers and enlisted Marines
- Entitlement begins the day of arrival.
- Starts the 31st day, retroactive to the date of Arrival.
- Stops the day of departure.



Tax Exclusion

- There is a monthly cap on the amount of income that is tax excludable... that being equal to highest rate of E9 pay (SMMC) plus \$225 (presently that amount is \$7611.30)
- Any amount over \$7611.30 is not tax exempt



Combat Leave

- 2.5 days Combat Leave earned per month
- Leave earned while tax excluded is considered Combat Leave.
 - NOT EXTRA LEAVE!
- When you take leave, your combat leave days will be deducted from your leave balance first



Deployed Per Diem

- Is a daily entitlement.
- Amount is \$3.50 per day (Contingency)
- Starts the day after arrival in AOR.
- Stops the day prior to departure from the AOR.
- Not entitled while on leave, TAD, UA, Confined, hospitalized, or on ship.



Check Field Rations

- While traveling government air members will be checked Field Rations for meals.
- Members will be checked Field Rations the day of departure and the following day.
- The amount of the checkage is \$3.50 a day.
- No member will be checked Field Rations while in Kuwait/Afghanistan.



Discounted Meal Rate

- Discounted Meal Rate will stop being deducted the day before deployment.
- DMR is stopped a day prior to deployment so Check Field Rations can be reported for the day of departure.
- Start DMR will be reported the day after member returns.
- Member will receive BAS while deployed until day of arrival back to Duty Station.



Active Duty Married Marine in receipt of BAS

- Hostile Fire/ImmDanger Pay: \$225 (starts 1st day in country)
- Family Sep Allowance: \$250 (starts 31st Day; retroactive)
- Hardship Duty Pay: \$100 (starts 31st Day; retroactive)
- Deployed Per Diem: \$105 (starts 1st day in country)
- Total: \$680 + recoup of all federal taxes



Single Marine in receipt of BAS

- Hostile Fire/Imm Danger Pay: \$225 (starts 1st day in country)
- Hardship Duty Pay: \$100 (starts 31st day; retroactive)
- Deployed Per Diem: \$105 (starts 1st day)
- Total: \$430 + recoup of all federal taxes



Single Marine with Meal Card

- Hostile Fire/Imm Danger Pay:\$225 (starts 1st Day in country)
- Full BAS vs Disc Meal Rate: \$323.27 (starts 1st Day in country)
- Hardship Duty Pay: \$100 (starts 31st day; retroactive)
- Deployed Per Diem: \$105 (starts 1st day)
- Total: \$650 + recoup of all federal taxes



Savings Deposit Program

- \$10,000 maximum contributable amount.
- 10% Annual dividends
- Must be in country 30 days IOT contribute.
- All unallotted pay may be contributed, not to exceed net disposable income.
- If deposited before 10th of each month it accrues interest for entire month; if after the 10th, it begins interest accrual the following month.
- Ensure that your agent has a Power of Attorney that grants them authorization to deposit money. Withdrawals may be obtained via fax or e-mail.
- Marines may either call Toll Free 1-800-624-7368 DSN 580-6545 or Comm (216) 522-6545; or send e-mail from a dot mil address (**@**.mil) to CCL-SDP@DFAS.MIL Fax (216) 522-6924



Split Pay

- Receive a portion of your paycheck while forward deployed.
- Enrollment prior to deployment.
- Ending positive balance at end of deployment; money credited back once stop split pay is reported on Unit diary.
- Bring \$200-300 dollars for deployment.



I

MEF

~~Operation~~
Enduring
Freedom



Classes of Mail

- **FIRST CLASS** (13 oz or less)
 - **Averaging about 7-10 days for delivery**
- **PRIORITY** (Over 13 oz. up to 70 lbs.)
 - **Recommended for packages.**
 - **Average about 7-10 days delivery.**
 - **LARGE FPO/APO FLAT RATE BOX (\$11.95 regardless of weight)**
 - **FLAT RATE BOX (\$10.35 regardless of weight)**
 - **FLAT RATE ENVELOPE (\$4.95 regardless of weight)**
- **PARCEL POST** (Over 2 lbs. up to 70 lbs.)
 - **Slowest/Cheapest way to send packages.**
 - **Average about 8-14 days delivery.**
- **MOTO MAIL** (Email to Hard-copy letter)
- **NON-POSTAL (USPS)** carriers (i.e., FEDEX, UPS, DHL) are not handled by Military Postal Clerks.

PROPER PACKING IS A
MUST



TIPS FOR PROPER PACKAGING

- Recommend **NYLON FILAMENT FIBER TAPE OR MAILING TAPE**. Masking and scotch tape are **NOT AUTHORIZED**.
- Place **LIQUID** items such as salsa, lotion and beverages in separate zip lock bags.
- Always use the **SMALLEST** box possible.
- Always use **DURABLE** boxes.
- Use **BUBBLE WRAP/STYROFOAM POPCORN** when sending breakable items.
- Package items **TIGHTLY** to avoid shifting.

TIPS FOR PROPER PACKAGING

- Never send **BULKY** items in an envelope (i.e., Keys, Dog Tags, Rings, and Cassette Tapes).
- Include the **RETURN** and **ADDRESSEES ADDRESS** inside the parcel.
- Place the address on only one side of the article being mailed.
- Use **INSURANCE** on packages that contain valuable items going to and from the U.S. and deployment site.

CUSTOMS REGULATIONS

- All mail weighing **OVER 16 OUNCES** must be presented to a post office for mailing.
- All parcels being sent **FROM, TO or BETWEEN** an APO/FPO must bear a customs form.
- To assist customs and prevent damage to your package, include **Lock Combination or Keys** when mailing sea-bags, or foot lockers.
- Custom forms must be filled out in **DETAIL**.

MAILING RESTRICTIONS

- **OBSCENE MATERIAL** (pictures, magazines, nude or semi-nude).
- **PORK** and **PORK BY-PRODUCTS**.
- **LARGE QUANTITIES** of material contrary to the **Islamic** belief.
Quantities for personal use are permissible.
- **No Alcohol.**
- For **additional restriction**, contact your local military post office.
- **EXPRESS MAIL** not authorized.
 - If accidentally accepted at post office, request refund for overpayment.



FREE Postal Mailing Supplies
Sent to your home (ask for military package)
www.USPS.com 1-800-610-8734



6 Priority Boxes
6 Mailing labels
6 US Customs Forms
1 Roll of Tape

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME

3/5 MARINES

Unit 40375

FPO AP 96427-0375

Never change address

Most Important Slide!!!

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME
3/5 MARINES H&S Co
Unit 40380
FPO AP 96427-0380

Never change address

Most Important Slide!!!

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME

3/5 MARINES I Co

Unit 40385

FPO AP 96427-0385

Never change address

Most Important Slide!!!

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME

3/5 MARINES K Co

Unit 40390

FPO AP 96427-0390

Never change address

Most Important Slide!!!

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME

3/5 MARINES L Co

Unit 40395

FPO AP 96427-0395

Never change address

Most Important Slide!!!

PERSONAL DEPLOYED ADDRESS

RANK, FULL NAME

3/5 MARINES WPNS Co

Unit 40400

FPO AP 96427-0400

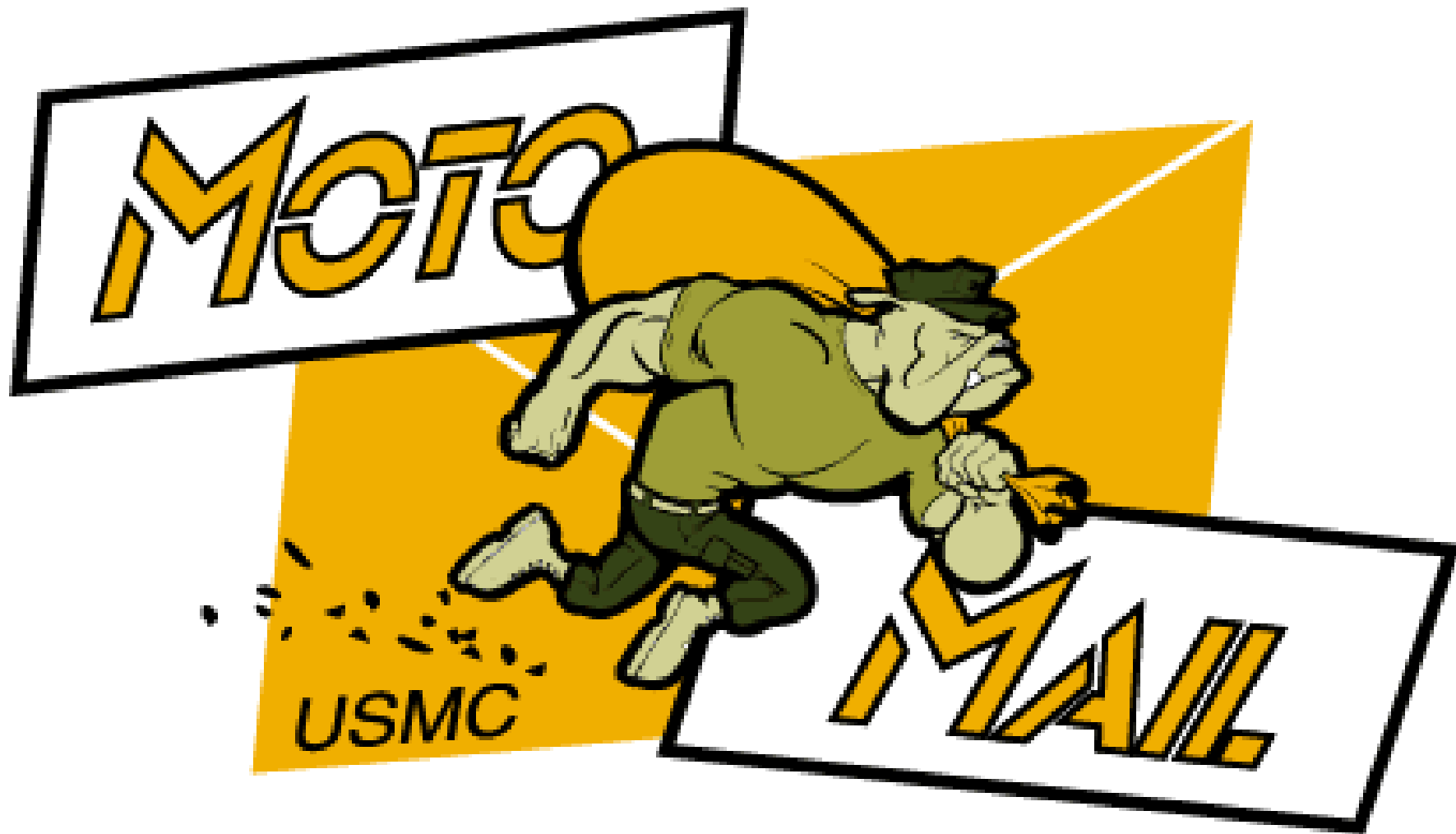
Never change address

Most Important Slide!!!

FREE MAIL

- **FROM** an overseas combat location **TO** the United States **ONLY**.
- **Postcards, Letters and Recorded Communications** (whether sound or video) with the character of personal correspondence.
- Must have a **FROM** and a **TO** address.
- **“FREE”** written in the top right corner.

I MEF MotoMail



MotoMail Definition



Free USMC system that delivers sealed letters submitted via the Internet from anywhere and is printed at USMC Post Offices in Afghanistan and usually delivered within 24 hours or less

www.MotoMail.us Website

MotoMail.us - Communications at the Speed of Life! | Powered by SuperLetter.Com - Microsoft Internet Explorer provided by Marin

File Edit View Favorites Tools Help

Due to the overwhelming success of the MotoMail system we are temporarily forced to limit all MotoMails to 1 page only per le
Member Login

© SuperLetter.Com, Inc.™

Members New User Options Support The Troops Feedback Business Help

"Family and friends of deployed Marines in Iraq can NOW send a letter to be downloaded, printed, and ready for delivery, usually within 24 hours. THE SERVICE IS FREE, PRIVATE and SECURE."



Member Login
Required fields are indicated with 

Email Address

Member Password

Visitors Since: January 01, 2005 : 1911786 Today : 4978

Internet

How Does It Work?

**(3) Downloaded
from website
Anytime**



**(2) Sent to
MotoMail Server**



**(1) Submit via any Internet
PC from Anywhere**



**(4) Printed in Unit
order on any PC
with a Print-2-Mail
Folder/Sealer
Anytime**



**(6) Letter
Read & Re-read**



**(5) Delivered
thru unit mail
call**

WWW.MotoMail.us

Website Features

- Address Book
- Letter Status Report
- Support the Troops – not to a specific Marine
- Chat Board – family members to communicate
- Customer Feedback about MotoMail service
- News & Media – Handouts, Posters & News
- Customer Care Inquiries
 - Suggestions, Problems, & Help via email or toll free number.
- Frequently Asked Questions (FAQ's)
- Tell-A-Friend – Spread the news
- Photo Mail – a feature that allows family members to send photos inside of the MotoMail letter.

MotoMail Locations



- MotoMail - submitted via the Internet from anywhere, anytime

- MotoMail in Afghanistan are printed at Bastion and flown or convoyed to FOB'S

What MotoMail CAN'T do

- NOT available worldwide for delivery
 - Currently available in Iraq, Afghanistan, and the MEUs.
- MotoMail CAN'T be sent FROM Afghanistan to the U.S.
(Can be sent locally within Afghanistan)

MotoMail POC Info

I MEF POC

Postal Officer
Box 555001
Camp Pendleton CA 92055-5001

DSN 361-1196
Comm. 1-760-763-1196
E-mail: mcbcampenpostal@usmc.mil

HQMC POC

MotoMail Info:
MotoMail Toll Free 1-877-763-2542
Website: www.motomail.us



Any Questions?

- **Military Post Office**

- **725-5769**
- **763-1196**

- **Postal Website**

- **<http://www.i-mef.usmc.mil/MLG/specialstaffsections/postal/>**

- **“We can’t fix it, if we don’t know”**

A stylized, grey silhouette of a horse's head in profile, facing left. The horse has a short, spiky mane and a small, curved tail. The word "Communications" is superimposed in the center of the horse's head.

Communications



Communicating with your Marine

UNCLASSIFIED



- Satellite Phone
- Internet
- Snail Mail





Common legal issues

- Lease Break (vehicle and residential)
- SGLI
- Wills (Guardianship)
- Tricare Enrollment
- Powers of Attorney



Navy/Marine Corps Relief Society

Ms. Erin Gailan

Navy-Marine Corps

ciety



www.nmcrrs.org

Navy-Marine Corps Relief Society

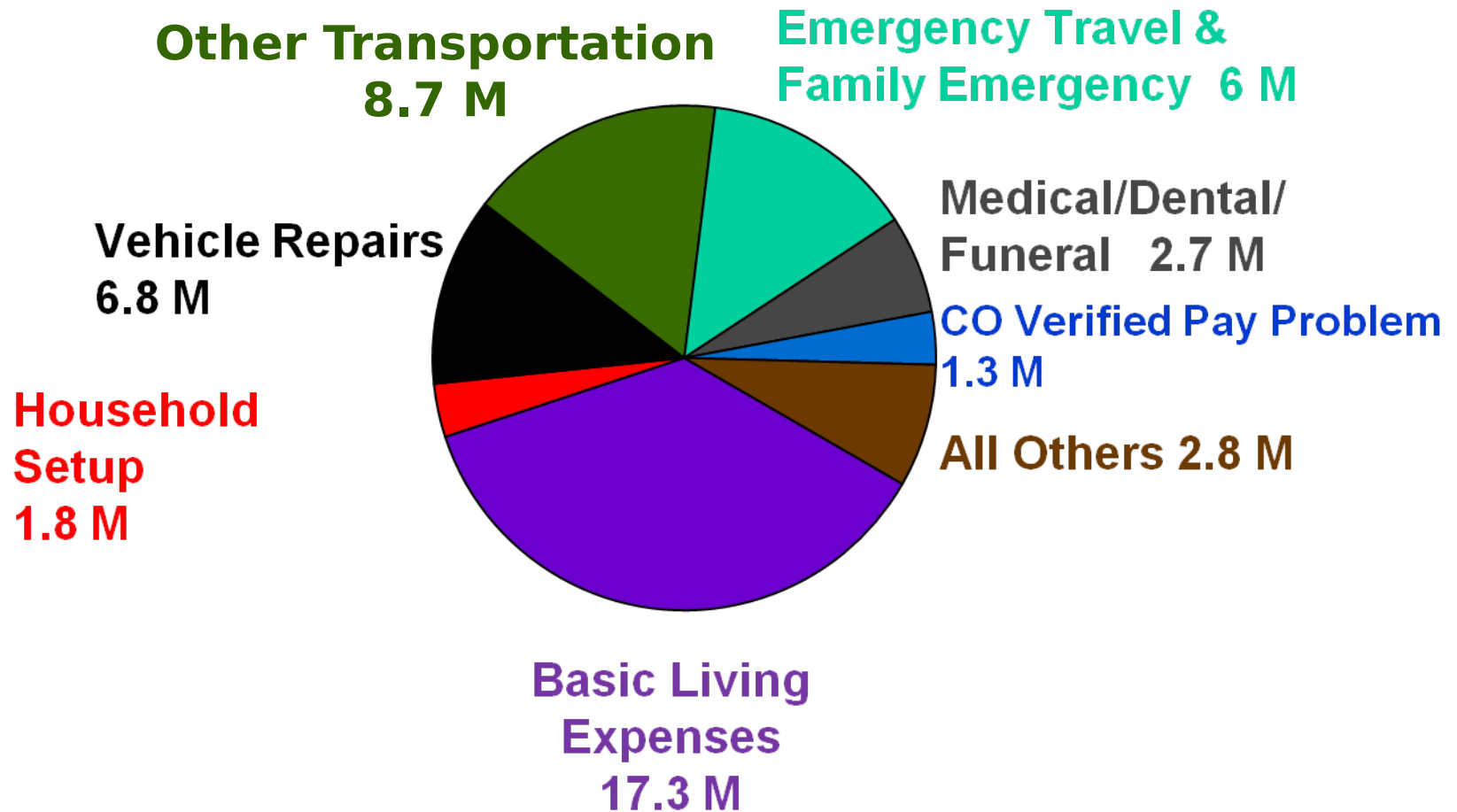
- ★ **Private, Non-profit, 106 Years Old**
- ★ **Less than 300 Employees, Over 3000 Volunteers**
- ★ **Assist with Emergency Needs**
- ★ **Interest Free Loans and Grants**
- ★ **Confidential Financial Counseling**

NON-FINANCIAL PROGRAMS

**Layettes (Budget for Baby
Classes)
Education -
Scholarships &
Loans
Visiting
Nurses
Thrift
Shops**



2009 Navy-Marine Corps Relief Society Worldwide Assistance \$47.4 Million



Includes: 12.2 Million in Quick Assist Loans to over 41,000 clients
768,000 in Education Assistance to 440 clients

**2009 CAMP PENDLETON & SAN ONO FRE
NMCRS ASSISTANCE STATISTICS**

Total Amount of Casework Loans

\$ 3,187,670

Total Amount of Quick Assist Loans

1,374,807

Total Amount of Casework Grants

381,069

Total Amount of Financial Assistance

\$ 4,943,546

2009 Camp Pendleton Fund Drive \$327,355

Financial Cases

3523

Quick Assist Loans

4,676

Social Service Cases (Referrals, Budgets, or other Non-

Assistance) 908



***We Deliver Our
Services***
***Through 250 global
offices and “Sister”***

****American Red Cross***

****Army Emergency Relief***

****Air Force Aid Society***

****Coast Guard Mutual***

Pre-authorizations

- **Legible, double check the dates.**
- **Up to \$3000, not a blank check.**
- **Accepted from SM or the command.**
- **Saves time & stress for your family**
- **Allows us to start an allotment**
- **Spouses are seen without one but....**

Quick Assist Loans

www.NMCRS.org

**• Up to \$300.00 interest free loans
to Active Duty Marines and
Sailors for:**

- Housing, food, utilities, clothing
 - Medical or dental
 - Vehicle/transportation expenses
 - Family emergency
- You choose repay 3-10 months
within EAS**
- No appointment needed, walk in**

Benefits of Volunteer Service

- **Gain satisfaction of helping others.**
- **Make a difference in the community.**
- **Make new friends, expand your network.**
- **Acquire new job skills and knowledge**
- **Receive child care and mileage reimbursements.**

Summary

- **Oldest & largest military relief service agency**
 - **106 years old with 250 locations**
- **Provide financial assistance for emergency needs and other quality of life programs**
 - **\$47.4 M in financial assistance in 2009**
- **Funded from donated dollars**
- **Private non-profit organization serving military clientele**
- **All information is confidential**

2 OFFICES ABOARD CAMP PENDLETON

Mainside Office

Building 1121

**(760) 725-5337 or
5338**

**School of Infantry
Office**

Building 520512

(760) 725-5405



***www.nmcrrs.
org***

A stylized, grey silhouette of a horse's head in profile, facing left. The horse has a short, spiky mane and a small, curled tail. The logo is centered in the background of the slide.

MCCS

Heather J. Mendiaz

Marine Corps Family Team Building



Heather J. Mendiaz
**Readiness & Deployment Support
Trainer**

Marine Corps Family Team Building

- **Readiness and Deployment Support**
- **Family Readiness Program Training**
- **L.I.N.K.S.**
- **LifeSkills**

**Sign up for our classes at
mccscp.com or (760) 725-9052**

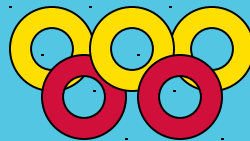
Spouses In the Midst



Spa

8 January
1600-2000

13 November
0900-1300



USMC Olympiad

22 May
0900-1300

9 September
0900-1300



Around the World

17 March
0900-1300

29 July
1600-2000



To Do List

Check List: Pages 44-54

- **Financial Expectations**
 - **Separate Accounts**
 - **Split Pay**
- **Copy of latest LES**
- **Budget/Bills**
- **Financial Emergencies**
 - **Navy Marine Corps Relief Society**
 - **Power of Attorney**
- **ID Cards**
- **Contingency Plan**

Personal Preparation



Vehicle Storage
(760) 725-5963



Vehicle Insurance



Leases



Voter Registration and Voting

Should I Stay or Go?



Some things to consider:

- **Lease Agreements**
- **Tri-Care**
1-888-363-2273
- **Vehicles**
- **Moving expenses**
- **Service members Civil Relief Act**



Children

- **Talk with children about Deployment**
- **Make DVD of deploying parent reading a story or special messages (www.unitedthroughreading.org)**
- **Comfy items**
- **Letters to your children**



Single or Dual Active Duty Parents

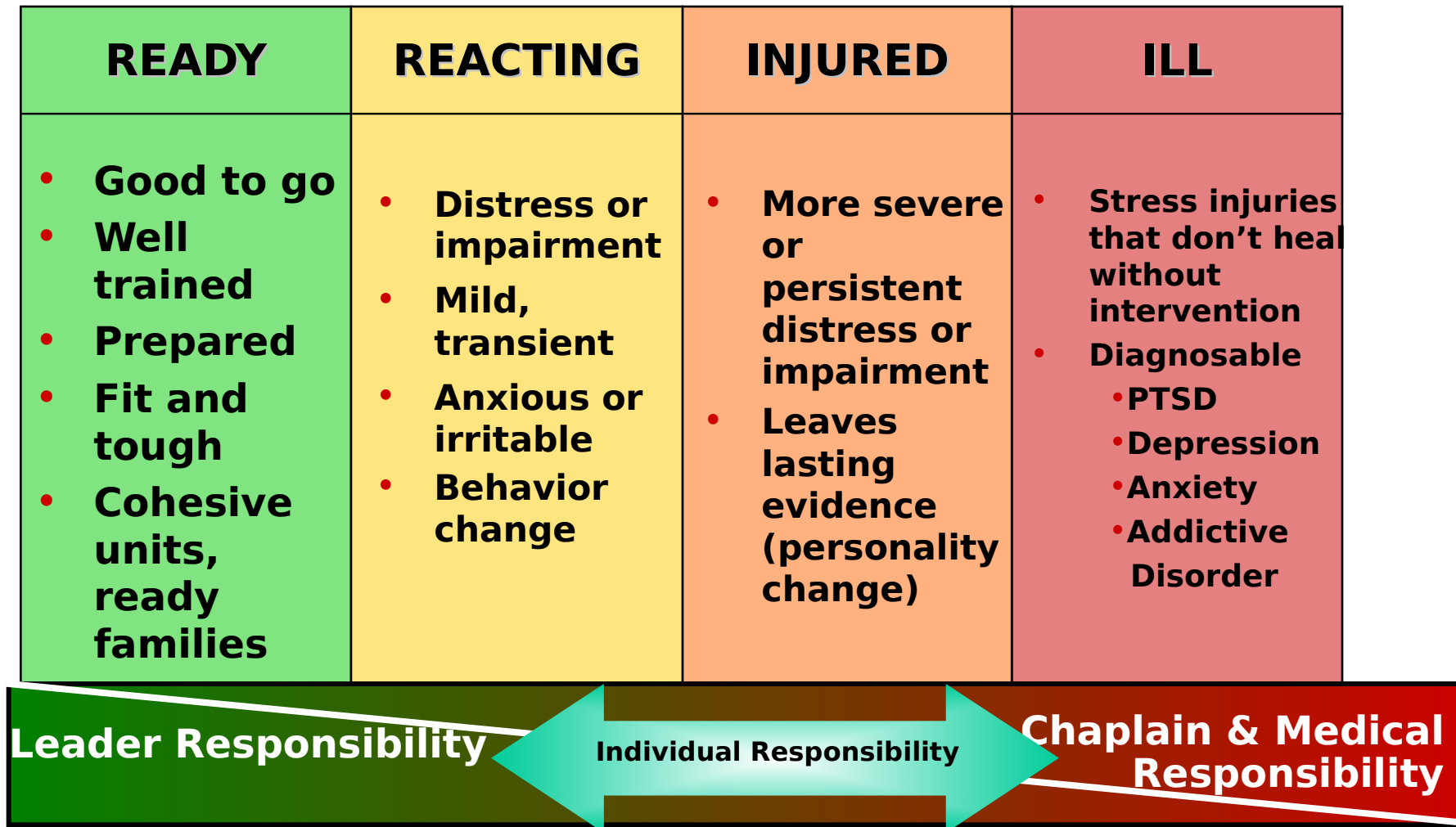


Family Care Plan

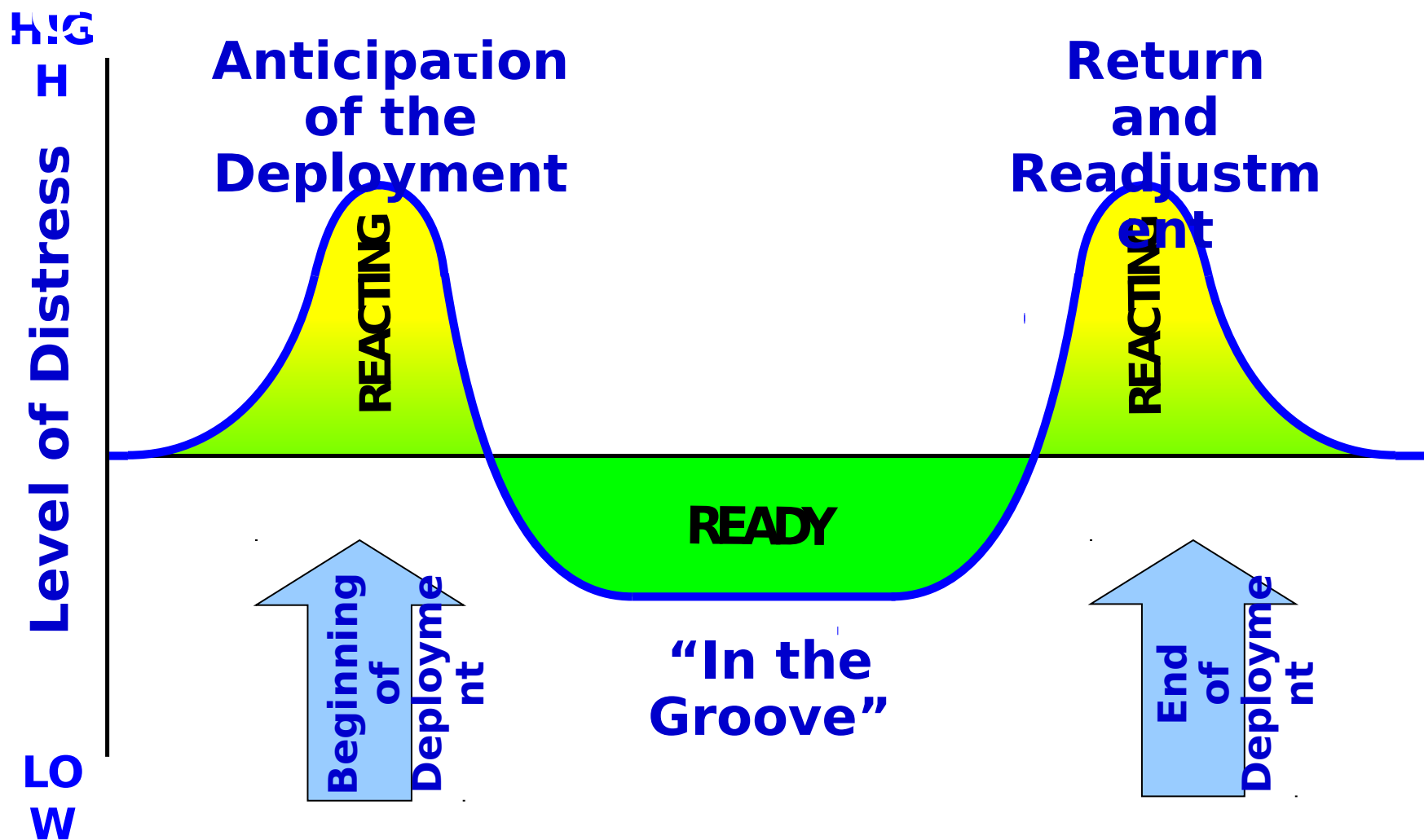
**Exceptional Family
Member Program**

**Navy Marine Corps
Relief Society**

Combat Operational Stress Continuum for Marines



Emotional Cycle of Deployment:



Preparing Loved Ones

- **Parents & Extended Family**
- **Significant Others/ Fiancés**
- **Relationships Changes**
- **Military OneSource**



Casualty Notification Process

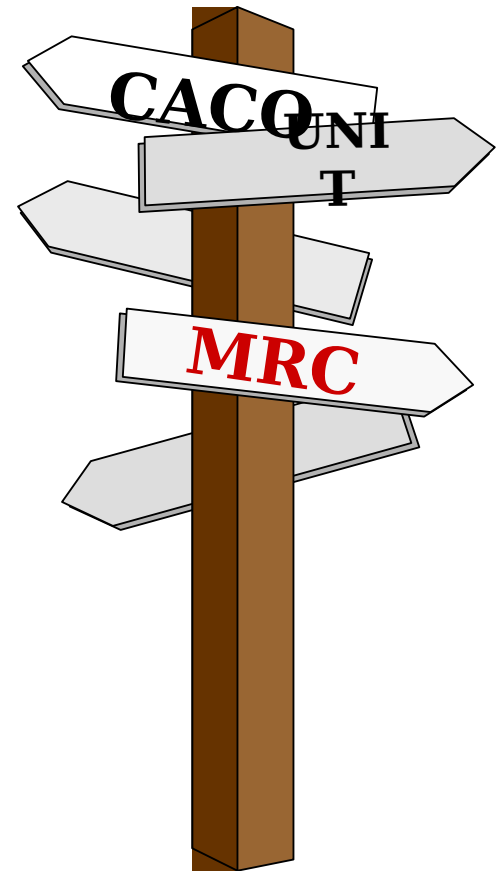
What is a casualty?

- **Any Marine lost to the organization having been declared injured, deceased, DUSTWUN, missing, or ill in non-hostile or hostile situation.**

Can occur any time any

Casualty Notification Process

- A casualty incident occurs!
- **GOAL** is notification within 8 Hours of learning of casualty incident...
- Notification Hours:
0500-2400



Casualty Notification Process

- Service “A” Uniform
- CACO and one other Marine/Sailor.
- Chaplain (If available)
- NEVER GOES ALONE

American Red Cross

1-877-272-7337



How do you send a message?

1. Only emergencies of a birth, death or serious illness.
2. Must have contact information for hospital or Doctor.
3. Message is sent to the command within a few hours after American Red Cross is contacted.

Emergency Leave

- **Official Communication**
- **Immediate Family**
- **Emergency Leave is decided by your command.**



Resources

- **Stress & Anger Management**
- **Chaplains**
- **Counseling Service**
- **Military OneSource**
- **Combat Operational Stress Workshops**



Questions?



**Make sure you know who
your Family Readiness
Officer is before
leaving.**

**Thank you for your service
to our Country.**



Spiritual Support



Spiritual Support



- Immediate Needs:
 - 5th Regiment Chaplain 760-725-7330
 - 725-4700 Religious Development Center
 - Base Duty Chaplain – Only after normal working hours – Between 1630 and 0800 760-212-0940
- Other Support in the Area:
 - 3/5 Chaplain's Office 760-763-0386
 - Mariners Church 949-854-7600; ask for Mr. John Lorenz to reach the 3/5 prayer line
 - CREDO 760-725-4954

A stylized, grey silhouette of a horse's head in profile, facing left. The horse has a short, spiky mane and a small, curved tail. The text "Family Readiness Officer" is superimposed over the center of the horse's head.

Family Readiness Officer



FRO Contact Information

**Family Readiness Officer (FRO):
Kim Reese**

**Office Phone: 760-763-1260
Cell Phone: 760-277-7280**

3.5FROKIMBERLYREESE@GMAIL.COM

**3/5 Family Information line: 866
676-0662 From the initial voice
prompt, enter option 9, enter
option 9 a second time, then option
3 to reach the 3/5 line.**



Commanding Officer